



Dr. Rath Omega 3 Vegan™

The fishless alternative with the essential omega-3 fatty acids EPA and DHA

Omega-3 acids are vital nutrients we have to ingest regularly with our food. Ranking among the most biologically active omega-3 fatty acids are EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). Their effects are extremely varied and they make important supportive contributions to our health and well-being (see also Dr. Rath Omega E™ fish oil capsules).

One of the most important dietary sources of these nutrients are oily sea fish. These fish concentrate the valuable fatty acids in themselves by feeding on algae or on small fish, again feeding on microalgae. Thus algae can be regarded as the original source of omega-3 fatty acids.

In case of a vegetarian or vegan diet, linseed oil or other plant-based oils are often drawn on in order to obtain omega-3 fatty acids. The reason: plant-based oils contain ALA (alpha linolenic acid), a shorter-chain omega-3 fatty acid. This is the precursor for the long-chain DHA and EPA fatty acids which then in turn have to be formed by our body on its own.

With Dr. Rath Omega 3 Vegan™ these high quality omega-3 fatty acids DHA and EPA are directly available – from an original, plant-based source.

Dr. Rath Omega 3 Vegan™ contains the polyunsaturated omega-3 fatty acids DHA and EPA. These are extracted from the microalga Schizochytrium, which is the basis for our high quality, omega-3-rich oil, and offer vegetarians and vegans an ideal possibility to supplement their diet with these valuable nutrient components:

- As a contribution to a normal brain function (DHA)*
- For the support for a normal cardiac function (EPA/DHA)*
- As a contribution to the maintenance of the normal eyesight (DHA)*

* The positive effect is based on a daily intake of at least 250 mg.

Ingredients of one capsule:

250 mg omega-3 fatty acids DHA and EPA with:	
DHA (<i>docosahexaenoic acid</i>)	162.5 mg*
EPA (<i>eicosapentaenoic acid</i>)	87.5 mg*

*Average content of DHA and EPA. The values may be subject to slight natural variations. A total content of 500 mg DHA and EPA in 2 capsules is guaranteed at all times.

Recommended allowance:

Adults: 1 vegan soft gel capsule 2 times per day.
Consume unchewed at mealtimes with some liquid.

Dr. Rath Omega 3 Vegan™ softgel capsules expand our already existing range of omega-3 fatty acids from fish oil (Dr. Rath Omega E™) with a plant-based source that is especially suitable for vegetarians and vegans.

Presentation: 60 capsules per jar
Order No.: 028

Special Formula

Dr. Rath Omega 3 Vegan™ is a Special Formula from the Dr. Cellular Nutrient Programme. Our Special Formulas have been conceived for an extra supply of selected micro-nutrients. They make it possible to specifically increase intake of individual nutrient factors.

Dr. Rath Omega 3 Vegan™ can be combined both with our Basic Formulas and with our Basic and Reconstructive Formulas.

